

**Quotations and Scripture Inspirations for the Video Series**  
***Be Still and Know ... Mindful Moments***

<b>Episode Theme</b>	<b>Quotation</b>	<b>Scripture Inspiration</b>
<b>Affirmation</b>	<i>“If we could view ourselves from God’s perspective, we would see, reflected in the light of the sanctuary of our hearts, the very image and likeness of God.”</i>	<i>“Did you not know, you are the temple of God?” (1 Cor 3:16)</i>
<b>Awakening</b>	<i>“The day of my spiritual awakening was the day I saw, and knew I saw, all things in God and God in all things.” (Mechtild of Magdeburg)</i>	<i>“God who lives forever, created the universe... and in God we live and move and have our being.” (Ecc 18:1 &amp; Acts 17:28)</i>
<b>Belonging</b>	<i>“The hunger to belong is at the heart of our nature...It is a longing to find a bridge across a distance from isolation to intimacy... It is always active and intense because you belonged so totally before you came here.” (John O’Donohue)</i>	<i>“Make your home in me as I make mine in you.” (John 15:4)</i>
<b>Beauty</b>	<i>“The human soul is hungry for beauty, we seek it everywhere. When we experience beauty, there is a sense of homecoming.” (John O’Donohue)</i>	<i>“God has made everything beautiful in its time and has put eternity in our hearts.” (Ecc 3:11)</i>
<b>Gratitude</b>	<i>“Gratitude is an attitude of heart that enables us to count our blessings, in the ordinary and extraordinary moments of life. It nurtures a particular beauty and reverence in our humanity.”</i>	<i>“With gratitude in your heart... give thanks to God... for God is good and God’s love endures forever.” (Col 3:16 &amp; Ps136:1)</i>

<b>Hope</b>	<i>"To live is to hope and to hope is to live from the belief that there is more to life than we could ever dare to dream."</i>	<i>"Those who hope in God will renew their strength. They will soar on wings like eagles." (Isaiah 40:31)</i>
<b>Letting Go</b>	<i>"Ah! The relief of letting go, of sinking into the trust of unconditional love, that welcomes and receives you just as you are."</i>	<i>"Unburden your heart to God... Rest in God. For God is a shelter at all times". (Psalm 62: 5, 8)</i>
<b>Peace</b>	<i>"There is a sacred space deep within you where true peace is found."</i>	<i>"Peace I leave with you, my own peace I give to you." (John 14: 27)</i>
<b>Stillness &amp; Silence</b>	<i>"Sometimes the most important thing in a whole day is the rest we take between two deep breaths." (Etty Hillesum)</i>	<i>"Be still and know God is here with you"  (Inspired by Psalm 46:10)</i>
<b>Strength</b>	<i>"There is nothing so strong as gentleness and nothing as gentle as real strength." (St Francis de Sales)</i>	<i>"God is my strength... My hearts trusts in God... I can do all things in God who gives me strength". (Psalm 28:7 &amp; Phil 4:13)</i>